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This section is about all the physical activities that you did in the **last 7 days** solely for recreation, sport, exercise or leisure.

**i** Please do not include any activities you have already mentioned.

Not counting any walking you have already mentioned, during the **last 7 days**, on how many days did you walk for at least 10 minutes at a time **in your leisure time**?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No walking in leisure time

How much time did you usually spend on one of those days **walking** in your leisure time?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

And for how much of this time you spent walking in your leisure time were you out **in the countryside or other green spaces**?

- ☐ All of this time
- ☐ Most of this time
- ☐ Some of this time
- ☐ A little of this time

☐ None of this time

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Think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **vigorous** physical activities like aerobics, running, fast bicycling, or fast swimming **in your leisure time**?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No vigorous activity in leisure time

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How much time did you usually spend on one of those days doing **vigorous** physical activities in your leisure time?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

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And for how much of this time you spent doing vigorous activity in your leisure time were you out **in the countryside or other green spaces**?

- ☐ All of this time
- ☐ Most of this time
- ☐ Some of this time
- ☐ A little of this time
- ☐ None of this time

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Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis in your **leisure time**?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No moderate activity in leisure time

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How much time did you usually spend on one of those days doing **moderate** physical activities in your leisure time?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

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And for how much of this time you spent doing moderate physical activities in your leisure time were you out **in the countryside or other green spaces?**

- ☐ All of this time
- ☐ Most of this time
- ☐ Some of this time
- ☐ A little of this time
- ☐ None of this time

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[« Previous](#)

[Next page »](#)